



STRONG BONDS

Command Briefing

DACH Soldier and Family Ministry

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What is Strong Bonds?



Strong Bonds *builds Soldier and Family Readiness by Strengthening Relationships*



**Ready
Soldiers**



**Building and Maintaining
Successful Relationships
(Singles, Couples, Families)**

Unit Ministry Teams

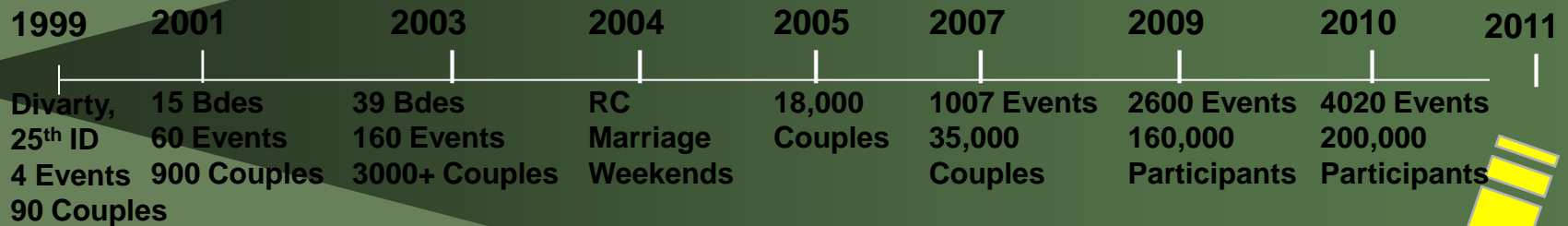


**Ready
Families**

**Strong Relationships
Strong Army**

Strong Bonds

Expanding Impact



- **Commander's Program: Unit Based / Brigade Centric**
- **Supported by Chief of Chaplains Supplemental Funding**
- **Proven Effectiveness: Retreat-Based Training**
- **Spans Soldier-Family Life Cycle**
 - Single Soldiers
 - Couples
 - Family Skills/Parenting
 - Pre-Post Deployment
- **Linkage to Military-Community Family Support Programs (e.g., FRG, ACS, AFTB, AFAP)**

5,393 Events
275,000
Participants

Strong Bonds Components (Retreats)



Strong Bonds – Singles

Focuses on the skills of finding the right partner and building a great relationship.



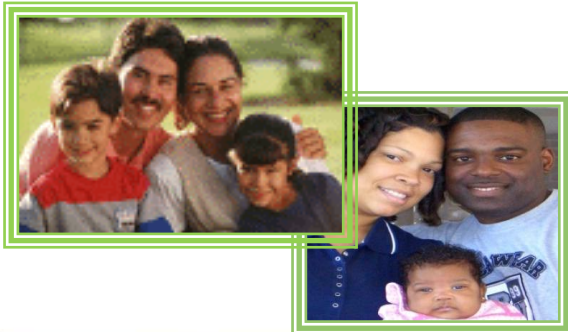
Strong Bonds – Couples

Strengthens the marital bond, provides tools for better communication and relationship building.



Strong Bonds – Families

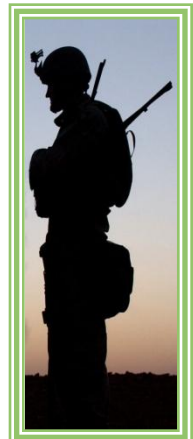
Teaches effective communication and listening skills to parents and children; builds parental skills.



Strong Bonds – Deployment (3 Components)

- PreDeployment
- Families of Deployed
- Reintegration

Identifies unique challenges single Soldiers, married couples, and Army Families will face and how to manage relationships.



Retreat Format



- Led by Army Chaplains
- Offsite away from military installation
- 12 hours of structured program time
 - 6 hours training utilizing approved curriculum
 - 6 hours experiential relationship activities
- Includes food, lodging, transportation, and childcare for participants

Approved Curriculum	
Active Relationships	Premarital Interpersonal Choices and Knowledge (PICK)
Couples Communication I & II	Prevention and Relationship Enhancement Program (PREP)
Eight Habits of Highly Successful Families	Seven Habits of Highly Effective Families
Five Love Languages	Seven Habits – Single Soldiers
Got Your Back	Strong Bonds - Predeployment
Laugh Your Way to a Better Marriage	Strong Bonds – Families of Deployed
Marriage LINKS	Strong Bonds – Reintegration

Strong Bonds Program



- Will embed video here

Strong Bonds Information

(www.strongbonds.org)



Strong Bonds Points of Contact

Active Component	Army National Guard	US Army Reserve
Brigade Unit Ministry Teams	State Family Programs Offices	Regional Support Commands
www.army.mil	http://www.ng.mil/default.aspx	http://www.usar.army.mil/arweb/pages/default.aspx
Located on each military installation	Located in each state and US Territories	<ul style="list-style-type: none">-63rd Regional Support Command (Mountain View, California)-81st Regional Support Command (Fort Jackson, South Carolina)-88th Regional Support Command (Fort McCoy, Wisconsin)-99th Regional Support Command (Joint Base McGuire-Dix-Lakehurst, New Jersey)